

Registered number
03407079

FAST FORWARD DISTRIBUTION LTD

Abbreviated Accounts

31 July 2014

FAST FORWARD DISTRIBUTION LTD**Registered number:** 03407079**Abbreviated Balance Sheet****as at 31 July 2014**

	Notes	2014	2013
		£	£
Fixed assets			
Tangible assets	2	295,110	144,886
Investments	3	22,625	22,625
		<u>317,735</u>	<u>167,511</u>
Current assets			
Stocks		1,598	5,700
Debtors		443,966	460,775
Cash at bank and in hand		45	500
		<u>445,609</u>	<u>466,975</u>
Creditors: amounts falling due within one year		<u>(446,341)</u>	<u>(513,326)</u>
Net current liabilities		(732)	(46,351)
Total assets less current liabilities		<u>317,003</u>	<u>121,160</u>
Creditors: amounts falling due after more than one year		(139,599)	(35,180)
Provisions for liabilities		(27,847)	-
Net assets		<u>149,557</u>	<u>85,980</u>
Capital and reserves			
Called up share capital	4	2	2
Profit and loss account		149,555	85,978
Shareholders' funds		<u>149,557</u>	<u>85,980</u>

The directors are satisfied that the company is entitled to exemption from the requirement to obtain an audit under section 477 of the Companies Act 2006.

Members have not required the company to obtain an audit in accordance with section 476 of the Act.

The directors acknowledge their responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of accounts.

The accounts have been prepared in accordance with the provisions in Part 15 of the Companies Act 2006 applicable to companies subject to the small companies regime.

ML Hurlin

Director

Approved by the board on 26 February 2015

FAST FORWARD DISTRIBUTION LTD

Notes to the Abbreviated Accounts

for the year ended 31 July 2014

1 Accounting policies

Basis of preparation

The accounts have been prepared under the historical cost convention and in accordance with the Financial Reporting Standard for Smaller Entities (effective April 2008).

Turnover

Turnover represents the value, net of value added tax and discounts, of goods provided to customers and work carried out in respect of services provided to customers.

Depreciation

Depreciation has been provided at the following rates in order to write off the assets over their estimated useful lives.

Plant and machinery	15% to 25% straight line
Motor vehicles	20% reducing balance

Stocks

Stock is valued at the lower of cost and net realisable value.

Deferred taxation

Full provision is made for deferred taxation resulting from timing differences between the recognition of gains and losses in the accounts and their recognition for tax purposes. Deferred taxation is calculated on an un-discounted basis at the tax rates which are expected to apply in the periods when the timing differences will reverse.

Leasing and hire purchase commitments

Assets held under finance leases and hire purchase contracts, which are those where substantially all the risks and rewards of ownership of the asset have passed to the company, are capitalised in the balance sheet and depreciated over their useful lives. The corresponding lease or hire purchase obligation is treated in the balance sheet as a liability.

The interest element of the rental obligations is charged to the profit and loss account over the period of the lease and represents a constant proportion of the balance of capital repayments outstanding.

Rentals paid under operating leases are charged to income on a straight line basis over the lease term.

Pensions

The company operates a defined contribution pension scheme. Contributions are charged to the profit and loss account as they become payable in accordance with the rules of the scheme.

2 Tangible fixed assets

£

Cost

At 1 August 2013	473,704
Additions	189,091
Disposals	(121,998)
At 31 July 2014	<u>540,797</u>

Depreciation

At 1 August 2013	328,818
Charge for the year	33,999
On disposals	(117,130)
At 31 July 2014	<u>245,687</u>

Net book value

At 31 July 2014	<u>295,110</u>
At 31 July 2013	<u>144,886</u>

3 Investments**£****Cost**

At 1 August 2013	22,625
At 31 July 2014	<u>22,625</u>

4 Share capital**Nominal
value****2014
Number****2014
£****2013
£**

Allotted, called up and fully paid:

Ordinary shares	£1 each	2	<u>2</u>	<u>2</u>
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